MOC Safety and Environmental Management

SafetyWorks

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news & notes

KEEP YOUR BLOOD PRESSURE AT A HEALTHY LEVEL

May is National High Blood Pressure Education Month. Nearly 1 in 3 American adults has high blood pressure. It is especially common among African Americans, who may get it earlier in life.

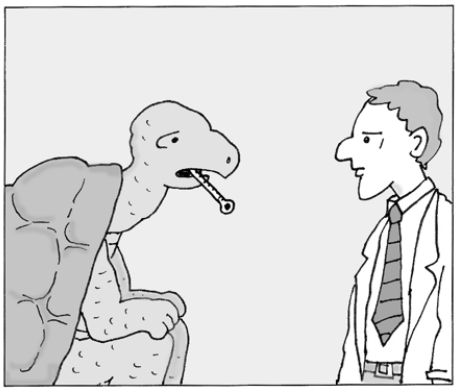
Many Americans tend to develop high blood pressure as they get older. In fact, middle-aged Americans face a 90 percent chance of developing high blood pressure during their lives. Others at risk for developing high blood pressure are the overweight, those with a family history of high blood pressure, and those with pre-hypertension (systolic blood pressure between 120–139 and diastolic pressure between 80–89 mmHg).

How can you prevent high blood pressure?

- ✓ Eat a healthy, well-balanced diet.
- ✓ Reduce salt and sodium intake.
- ✓ Get regular exercise.
- ✓ Limit alcohol intake.
- ✓ Quit smoking.

Studies have shown that potassium also helps prevent and control blood pressure. Some good sources are various fruits, vegetables, dairy foods, and fish. Apricots, melon, milk, yogurt, tomatoes, potatoes, and spinach are particularly good sources of potassium.

How do you know if you have high blood pressure? Have your pressure checked regularly. Most doctors will diagnose a person with high blood pressure on the basis of two or more readings, taken on several occasions. A consistent blood pressure reading of 140/90 mmHg or higher is considered high blood pressure.



"Should I be worried, doctor? My father only lived to be one hundred and sixty."

Family and Health

Use family history to reduce health risks

You already know you can reduce your risk of disease by eating a healthy diet, getting enough exercise, and not smoking. But did you know that your family history might be one of the strongest influences on your risk of developing heart disease, stroke, diabetes, or cancer? The Centers for Disease Control and Prevention (CDC) says that knowing your family history can help you reduce your risk of developing health problems.

Key features of a family history that may increase risk are:

☺ Diseases that occur at an earlier age than expected (10 to 20 years before most people get the disease).
☺ Disease in more than one close relative.
☺ Disease that does not usually affect a certain gender (for example, breast cancer in a male).
☺ Certain combinations of diseases within a family (for example, breast and ovarian cancer, or heart disease and diabetes).

Use Family History to Promote Your Health

Although you can't change your genes, you can change unhealthy behaviors, such as smoking, inactivity, and poor eating habits. In many cases, adopting a healthier lifestyle can reduce your risk for diseases that run in your family.

In addition, screening tests, such as mammograms and colonoscopies, can reduce risks by detecting diseases at an early stage when they are most treatable. Screening tests can also detect disease risk factors like high cholesterol and high blood pressure, which can be treated to reduce the chances of getting disease.

CDC also recommends that you collect information about your grandparents, parents, aunts and uncles, etc., including:

☺ Major medical conditions and causes of death
☺ Age of disease onset and age at death
☺ Ethnic background

Share this information with your doctor, who will:

☺ Assess your disease risk based on your family history and other risk factors
☺ Recommend lifestyle changes to help prevent disease
☺ Prescribe screening tests to detect disease early

Not Enough Sleep?

Tips for getting a better night's rest

May is Better Sleep Month. If you often wish you could get a better night's sleep, try these tips from Dr. Robert Ballard, medical director of the Sleep Disorders Center at National Jewish Medical and Research Center in Denver:

- **Develop sleep habits.** Go to bed and get up around the same time every day.
- **Get daily exercise—**but not too close to bedtime. Physical activity right before bed has a tendency to energize you, which actually makes it harder to get to sleep. Dr. Ballard says that exercise early in the day is best.
- **Watch what you eat and drink.** Don't eat a lot before going to bed. Stop drinking caffeine by afternoon. Limit intake of alcohol in the evening. It may make you feel drowsy at first, but it can wake you up and keep you up later.
- **Wind down before going to bed.** Dr. Ballard points out that the calmer and more relaxed you are before bedtime, the better you're likely to sleep. So turn down the lights, put on soothing music, and give yourself a chance to relax.
- **Get up if you can't sleep.** If you wake up and can't sleep, get up and read or do some relaxation exercises. If you stay in bed, you'll probably just get anxious about not sleeping, which is likely to keep you awake even longer.

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SEAT BELTS SAVE LIVES

More than 32,000 Americans die in motor vehicle crashes every year. Over half of them were not wearing seat belts. According to the National Highway Traffic Safety Administration, lap and shoulder belts reduce your chance of being killed or seriously injured in a collision by better than 50 percent.

Seat belts are remarkably effective in minimizing injuries and preventing fatalities. Seat belts:

- Hold you in place so that you don't crash into the dashboard, steering wheel, or windshield. That's very important because a crash at only 30 miles per hour can send a 150-pound person who is not wearing a seat belt into the steering wheel or dashboard with a force of more than 2 tons.
- Keep you from being thrown from the vehicle. You're much more likely to be killed if you're thrown from a vehicle onto the road, into a tree, etc.
- Allow your shoulder and hip bones, which are the strongest areas of the body, to take most of the shock of the impact instead of your delicate internal organs.
- Make it more likely that you will remain conscious after a crash and be able to help yourself and others.

Even if you're not in an accident, seat belts help keep you in place if you have to suddenly swerve, brake, or accelerate.

Do you buckle up every time you drive? If not, now is a good time to start. Support Buckle Up America Week (May 23-30) and wear your seat belt.

Clean and Safe

Good housekeeping is more than neatness

Clean and well-organized workplaces are also safe and successful organizations.

Good housekeeping:
☑ Eliminates accident and fire hazards
☑ Maintains safe and healthy working conditions
☑ Saves time, money, materials, space, and effort
☑ Improves productivity and quality
☑ Reflects an image of a well-run organization

Poor housekeeping creates hazards and invites accidents. For example:
☒ **Slips** from slick or wet floors and other walking and working surfaces
☒ **Trips** from objects or materials left in walkways and work areas
☒ **Falls** from holes in walking and working surfaces, uneven flooring, uncovered pits or drains, etc.
☒ **Collisions** with poorly stored materials or overhanging or protruding objects
☒ **Fire hazards** created by piles of combustible scrap and trash, improperly stored flammable materials, and blocked emergency exits
☒ **Chemical hazards** caused by leaking or damaged containers, improper storage, and inadequate or improper cleanup of spilled materials

Keep your work area clean, orderly—and safe!

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LOCKOUT/TAGOUT CHECKLIST

If you're authorized to repair and service equipment, follow these procedures:

Before fixing or servicing powered equipment:

1. Prepare for shutdown—know what type of energy the machine uses and identify its potential hazards.
2. Alert affected employees and others in the area that equipment will be turned off and locked out.
3. Turn off the machine or equipment and its energy control device.
4. Release or block any stored energy. Before repairs or maintenance begin, equipment must be in *zero energy state.*
5. Lock the energy control switch in the "off" or "safe" position.
6. Check that the power is off by turning controls "on" and trying to start the equipment.
7. Return controls to the "off" position.
8. Test the circuits and electrical parts of the equipment to be sure they are de-energized.

After the required service or maintenance has been performed:

1. Remove tools and materials from area.
2. Replace machine guards and test that the equipment is ready to operate.
3. Tell employees to stay a safe distance away while locks or tags are removed.
4. Remove locks or tags.
5. Turn on the equipment and make sure it operates properly.
6. Tell affected employees that locks/tags are off and equipment is ready for use.

May is National Electrical Safety Month. Be safe around electrical equipment this month and every month.

Back to Basics

Be aware of back hazards on the job

Even if your body and your back are in good shape, there are a number of work tasks and activities that can create trouble if you don't do them properly, in a way that minimizes strain on your back. Among the hazards you may encounter:

- ☞ Heavy lifting
- ☞ Twisting and lifting at the same time
- ☞ Lifting objects that have odd shapes
- ☞ Reaching and lifting objects
- ☞ Bending and overexerting
- ☞ Lifting items whose weights vary
- ☞ Sitting or standing too long in one position

You can also run into potential hazards to your back in other activities. For example, you could injure your back if you slip on a wet spot on the floor. Or you might trip over an object lying on the floor and injure your back. You can also hurt your back while sitting with bad posture, or if you lean and stretch awkwardly to reach something instead of getting out of your chair to get it.

Learn to recognize workplace back hazards and take proper precautions to keep your back healthy and free of pain.

Foot Patrol

Protect your feet from injury

How safe are your feet on the job? Take this quiz to find out.

1. What is the best footwear for jobs that DO NOT have obvious foot hazards?
a. Sturdy, comfortable shoes in good condition b. Any kind of shoe

2. Which type of sole is most likely to protect against slipping and falling?
a. Leather b. Rubber

3. Which of these is generally NOT a hazard requiring special foot protection?
a. Nails b. Falling objects c. Toxic chemicals

4. Which footwear provides protection against splashes of corrosive chemicals?
a. Leather boots b. Rubber boots

5. Which hazards are NOT protected against by wearing steel-toed safety shoes?
a. Dropping a heavy object on your foot
b. A 55-gallon drum rolling against your foot
c. Slipping and falling

6. What kind of shoes should you NOT wear around industrial hazards?
a. Sandals b. Worn-out shoes c. High heels d. All of the above

7. Under what conditions should you wear protective footwear?
a. When company rules require it
b. Whenever there is a hazard of foot injuries
c. Only if you work around chemicals or heavy objects
d. Both b and c e. Both a and b

Answers: (1) a (2) b (3) c (4) b (5) c (6) d (7) e

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WHAT POSITION DO YOU PLAY?

Workplace safety is a team sport. It takes everyone working together to eliminate hazards and prevent accidents. You can do your part to build a winning team by:

- ✪ Following all OSHA standards and company rules that apply to you and your job.
- ✪ Using assigned PPE.
- ✪ Taking safety training seriously and applying what you learn to your work.
- ✪ Asking questions when you're not sure about a hazard or the safe thing to do.
- ✪ Reporting hazardous conditions.
- ✪ Watching out for your co-workers to make sure they're safe, too.

IMPORTANT REMINDERS FOR MACHINE OPERATORS

- ➲ Tell your supervisor your ideas for doing your job better. Otherwise, follow all approved work and safety procedures.
- ➲ Perform repairs or maintenance only if you're authorized to do so, and follow the manufacturer's recommendations and OSHA requirements for lockout/tagout.
- ➲ Never operate a piece of equipment if a guard is missing or not in position. Report missing or damaged guards immediately.
- ➲ Do not wear loose clothing, loose long hair, or rings, watches, or other jewelry when operating a machine.
- ➲ Pay close attention while you work and avoid all distractions. Be aware of where both hands are at all times.
- ➲ Never operate machinery under the influence of drugs or alcohol. Even prescription drugs can be a problem, so check with your doctor and tell your supervisor.

Learn from PPE Mistakes

Lessons about personal protective equipment

1. Sam was working with a chemical that can burn unprotected skin. So he grabbed a pair of gloves, put on goggles and a face shield, and made sure to cover up so that no skin was exposed. Unfortunately, he failed to inspect his PPE. There was a tear in one of his gloves, and some of the corrosive chemical got through the tear and severely burned his hand.

2. Lisa was walking through an area of the facility where signs were posted indicating that this was a hard hat area. Since she didn't work there, she assumed the sign didn't apply to her. She was stuck on the head by a falling object and killed instantly.

3. Helen was doing a job she hadn't done before. Her supervisor had reviewed the job with her, but she couldn't remember what he had said about eye protection. She didn't want to ask again and appear stupid, so she ended up using safety glasses without side shields. A sliver of metal slipped right past the gap on the side of her safety glasses and embedded itself in her eye.

What lessons about PPE can be learned from these three cases?

1. Inspect PPE before use.
2. Pay attention to warning signs requiring a particular type of PPE.
3. If you don't know what type of PPE to use, ask your supervisor. Don't guess!

MSDS Spells Safety

You have the right to know about job hazards

Anyone who works with or around hazardous chemicals needs to know these four important letters: MSDS. They stand for: Material Safety Data Sheet.

There's an MSDS for every chemical used or stored at your facility or vessel. The MSDS tells you about any possible dangers, how to handle the substance safely, which protective equipment and clothing to wear, and what to do in an emergency. Your supervisor will show you where to find the MSDSs you need.

We want to make sure you avoid accidents and injuries, and that you are protected when you work with chemicals. That's why we provide MSDSs.

It's also the law. OSHA's Hazard Communication Standard says that you have a right to know about the hazards of materials, substances, and wastes that you may come into contact with in the workplace.

Since there's no single mandatory form for MSDSs, you may see different types. But all types provide the same safety and health information.

Please take the time to carefully read the MSDSs for the chemicals you come in contact with. Some information may be highly technical. If you have any questions, talk to your supervisor. Remember, you have the right to know.